

Ramalama Bang Bang

拍数: 64 墙数: 2 级数: Intermediate
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音乐: Ramalama Bang Bang - Roisin Murphy



Intro: 48 Counts, Start at approx 26 secs

SEC 1 1/8 Step, Lock, Step, 1/4 Step, Lock, Step, Together Kick, Step

- 1-2 Turn 1/8 right step right forward, lock left behind right (1:30)
- 3-4 Step right forward, turn 1/4 left step left forward (10:30)
- 5-6 Lock right behind left, step left forward
- 7-8 Step right beside left kick left forward, step left forward

SEC 2 Press, Sweep X3, Back Rock, Step, Together, Body Roll

- 1-2 Press right forward, recover weight onto left and sweeping right (10:30)
- 3-4 Step right back and sweep left, step left back and sweep right
- 5-6 Rock right back, recover weight onto left
- &7-8 Step right forward, step left beside right, body roll up

SEC 3 3/8 Jazz box, 1/8 Paddle x4

- 1-2 Cross right over left, turn 1/4 right step left back (1:30)
- 3-4 Turn 1/8 right step right to right, step left forward (3:00)
- 5-6 Turn 1/8 left point right to right, turn 1/8 left point right to right (12:00)
- 7-8 Turn 1/8 left point right to right, turn 1/8 left point right to right (9:00)

Restart Here on Wall 3, Dance Tag 1 then restart

SEC 4 Step, 1/4 Pivot, Arm Movements, Chest Pops

- 1-2 Step right forward, pivot 1/4 left transferring weight on to left (6:00)
- 3-4 Run hand down body as if unzipping a zip
- 5-6 Take right hand to heart, take right hand to right side like you are holding your heart
- 7-8 Pull chest back, push chest forward while closing and opening right hand

SEC 5 Jump x4, Jump Out, Jump In, Kick, Jump Out, Knee Twist

- 1-2 Jump both feet forward, jump both feet forward
- 3-4 Jump both feet forward, jump both feet forward

Styling Shimmy shoulders while jumping forward

- 5&6& Jump both feet out, jump both feet in, kick left over right, jump both feet out weight on left
- 7-8 Twist right knee in, twist right knee out transferring weight on to right

SEC 6 Together, Side, Brush, 1/8 Step, Together, Step, Ball Step, Step

- 1-2 Step left beside right step right to right
- 3-4 Brush left forward, turn 1/8 left step left forward (4:30)
- 5-6 Step right beside left, step left forward
- &7-8 Step right beside left, step left to left, step right forward

SEC 7 Syncopated Rocks, Step, 1/2 Pivot, Full Turn

- 1-2& Rock left forward, recover weight onto right, step left beside right
- 3-4& Rock right forward, recover weight onto left, step right beside left
- 5-6 Step left forward, pivot 1/2 right transferring weight on to right (10:30)
- 7-8 Turn 1/2 right step left back, turn 1/2 right step right forward (10:30)

SEC 8 Cross, 1/8 Side, 1/4 Sailor, Walk, Walk, Ball Lock, Full Unwind Turn

- 1-2 Cross left over right, turn 1/8 left step right to right (9:00)

- 3&4 Turn ¼ left step left behind right, step right to right, step left forward (6:00)
5-6 Step right forward, step left forward
&7-8 Step right forward, lock left behind right, unwind full left transferring weight on to left (6:00)

Tag After 16 counts of Wall 3 - TAKING A PICTURE OF ME/YOU

Step, ¼ Pivot, Arm Movements

- 1-2 Step right forward, pivot ¼ left transferring weight on to left (6:00)
3-4 Run hand down body as if unzipping a zip
5-6 Take right hand to heart, take right hand to right side - Take out your phone
7-8 You will then hold your phone here for 2 counts like you are taking a picture of yourself

Cross, Full Unwind, Full Unwind

- 1-8 Cross right over left, unwind full turn left transferring weight on to left over 7 counts

ON COUNT 8 TURN YOUR PHONE OVER LIKE TAKING A SELFIE

- 1-8 Unwind full turn right keeping weight on right over 8 counts

Ending After 56 counts of Wall 5

Run x16

- 1-16 Randomly run around room for 16 counts ending facing front wall then dance the first 14 counts of the dance hitting slow beats
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